



Plan Your Event

Apple Crunch is not a “one-size-fits-all” event. Activities vary from school to school, group to group, and even state to state. The following ideas provide a number of exciting ways your organization can participate in the festivities!

Apple Crunch Celebration Ideas:

- **Bring celebrations to the classroom.** Organize a storybook reading of “Johnny Appleseed” and choose lessons that promote the importance of making healthy, easy snack choices.
- **Host a cafeteria-wide crunch.** Students and teachers can count down to take a bite of an apple.
- **Coordinate fun challenges and games to increase physical education.** Healthy choices include the decisions students make in eating and exercising. [Have fun with Apples.](#)
- **Partner with your local community organizations.** They are a great resource to provide apples and promote apple crunching activities.
- **Take a field trip.** A local orchard, farmer’s market or grocer can provide a hands on experience to promote apples and apple products (applesauce, juice, and cider) as a healthy snack. [Find a local orchard.](#)
- **Create a recipe share of apple related snacks and drinks.** This is a great way to involve school administration, teachers, other staff, students and families. [Click here for recipe ideas.](#)

Apple Activities and Lessons:

- [Pinterest Apple Worksheets](#)
- [Pinterest Apple Activities](#)
- [Pinterest Apple Artwork Ideas](#)
- [Pinterest Apple Recipes](#)
- [ChooseMyPlate](#)
- [Pennsylvania Apples – Pick Your Own](#)
- [PA Preferred](#)
- [Register for the PA Farm to School Newsletter](#)
- [Article: The Benefits of Fruit, Fun Serving Ideas + When They're In Season](#)





Resources:

- [MyPlate.gov](https://www.myplate.gov)
- [Giant - Guiding Stars](#)
- [Nourish middle school curriculum](#)
- [Action for Healthy Kids - Healthy Parties](#)
- [Action for Healthy Kids - Healthy Fundraising](#)
- [Garden resources](#)
- [Garden to Cafeteria Toolkit](#)
- [Garden Grant Program](#)
- [How Host a Taste Test](#)

